WHAT IS CLAIMED IS:

An aqueous ink comprising a colored resin dispersed therein, the colored resin comprising a film-forming resin and a colorant dispersed in a monomolecular state in the film-forming resin.

2. The aqueous ink according to claim 1, wherein the film-forming resin has a minimum film-forming temperature (MFT) of not higher than 35°C.

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- 3. The aqueous ink according to claim 2, wherein said minimum film-forming temperature is not higher than 25°C.
- 15 4. The aqueous ink according to claim 3, wherein said minimum film-forming temperature is not higher than 10°C.
- 5. The aqueous ink according to claim 1,
 20 wherein the colorant is a slightly water-soluble dye or
 a pigment, and is contained in the film-forming resin
 in a monomolecular state by aid of a solubilizer.
- 6. The aqueous ink according to claim 1 which 25 is used for ink-jet recording.
 - SUB 7. An ink-jet recording method comprising a

step of ejecting the aqueous ink according to claim 6 through an orifice in correspondence with a recording signal to deposit the ejected ink onto a recording medium.

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8. An ink-jet recording apparatus comprising an ink container containing the aqueous ink according to claim 6, and a head for ejecting the ink through an orifice in correspondence with a recording signal.

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9. An ink cartridge comprising an ink container containing the aqueous ink according to any of claims 1 to 6.

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10. A recording unit comprising an ink container containing the aqueous ink according to claim 6, and a head for ejecting the ink through an orifice in correspondence with a recording signal.

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11. A coloring material comprising colored resin particles which comprise a film-forming resin, and a colorant dispersed in a monomolecular state in the film-forming resin.

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12. The coloring material according to claim 11, wherein the film-forming resin has a minimum film-forming temperature (MFT) of not higher than 35°C.

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- 13. The coloring material according to claim 12, wherein said minimum film-forming temperature is not higher than 25°C.
- 5 14. The coloring material according to claim 13, wherein said minimum film-forming temperature is not higher than 10°C.
 - 15. The coloring material according to claim 11, which is used in an ink for ink-jet recording.